

Midgets win Buffalo title

Richmond Hill Legion Hockey Tournament Midgets closed their championship at season Sunday afternoon, Tonawanda, New York, skating away with the championship win. The Richmond Hill Legion boys opened

York Flames who finished in the semi-finals at the Richmond Hill Tournament. The Legion boys opened

Friday night shaking off the effects of a two-week lay-off to blank North York Gouling Park 2-0. Mark Austin and Maurice Delfabro picked up the goals, with assists going to Doug Jones and Randy DePiero. The Gouling Park power-play failed to penetrate the Richmond Hill penalty-killing crew, in front of excellent goaltending from Jim Roberts.

teams meet for tournament first place, with the same two teams to meet on Sunday for the tournament championship.

The Legion crew started fast against the Flames, but ran into hot goaltending and had to settle for a 1-1 score at the end of the first period. The rest of the hockey game degenerated into a cheap penalty match with the Flames taking first place honors to the tune of a 3-1 score.

Sunday's championship saw Richmond Hill turn the tables with two goals and two assists, and Danny Henderson with one goal and three assists. Paul Harrietha, Doug Jones and Shawn McDowell picked up singles with assists for Randy DePiero, Maurice Delfabro, Dave Allen and Doug Eldridge. Eldridge did an excellent job throughout the tournament playing an unaccustomed defence position. Saturday night saw the only two undefeated

The Flames got one back early in the second and the score remained 2-1 going into the third. Danny Henderson got the Legion boys back to a two goal lead early in the third, finishing off a pretty passing play from Cramer and Allen.

The Flames pressed for the remainder of the hockey game getting one goal, but the Legion crew played hard disciplined hockey to take the game 3-2.

A welcome addition to the Legion bench was Steve Silver and his band-a-aid collection. Sorry Mike Weidenfelder and Chuck Cramer were missing from the fan club. You missed a good one! At the end of a very successful season, the hockey club would like to thank the Legion Branch 375, The Liberal, and everyone who came out to support us throughout the season, especially during the all-Ontario play-offs and the Tournaments Inc. tournament. From the players and the fan club a special thank you to all the Weidenfelders.

Finishes it

Thornhill resident in Boston Marathon

BY DOREEN LIVINGSTONE
Richard Griffith overcame the "heart-break" of Heartbreak Hill. He ran in the Boston Marathon held recently, just five days after a bout with viral pneumonia, and finished it.

Several years ago Griffith, of Apricot Street in Thornhill, was running 15 miles a day but had to stop because of business and other pressures. Last June he started preparing for the 26-mile Boston Marathon at a friend's suggestion.

"I had done quite a few things in life but that's one thing I hadn't done" said Griffith originally from Columbus, Ohio, who has lived all over Asia, in Hawaii and was a commanding officer, in the United States Army.

TRAINING
In June of 1978 he began training, starting with a mile a day to six miles a day, as well as hill training. Heartbreak Hill in Newton, a suburb of Boston, is one of a series of four hills and comes at about 20 miles into the race.

Griffith explains that once you've done three hills your body is physically drained and there is a certain amount of pain and fatigue. It's a triumph of will; will you succeed or be forced to quit. During the run on Heartbreak Hill at 19 or 20 miles Griffith pulled his leg muscle. He had to hobble halfway up the hill for a couple of miles fighting stomach cramps as well.

CHEERS
His wife and family travelled with him to Boston and were at the finish line when he arrived. The crowds were cheering and Griffith says "it's a feeling you will carry with you all your life. They know what you've been through; they know the agony you endured."

At the finish line he was interviewed on Boston television describing the feelings of marathoners. He said "people run marathons for the same reason Hilary climbed Mt. Everest, to challenge the mystique of danger and pain. I wanted to do the marathon because it was there. I wanted to say in years to come that I had done something that was a difficult task."

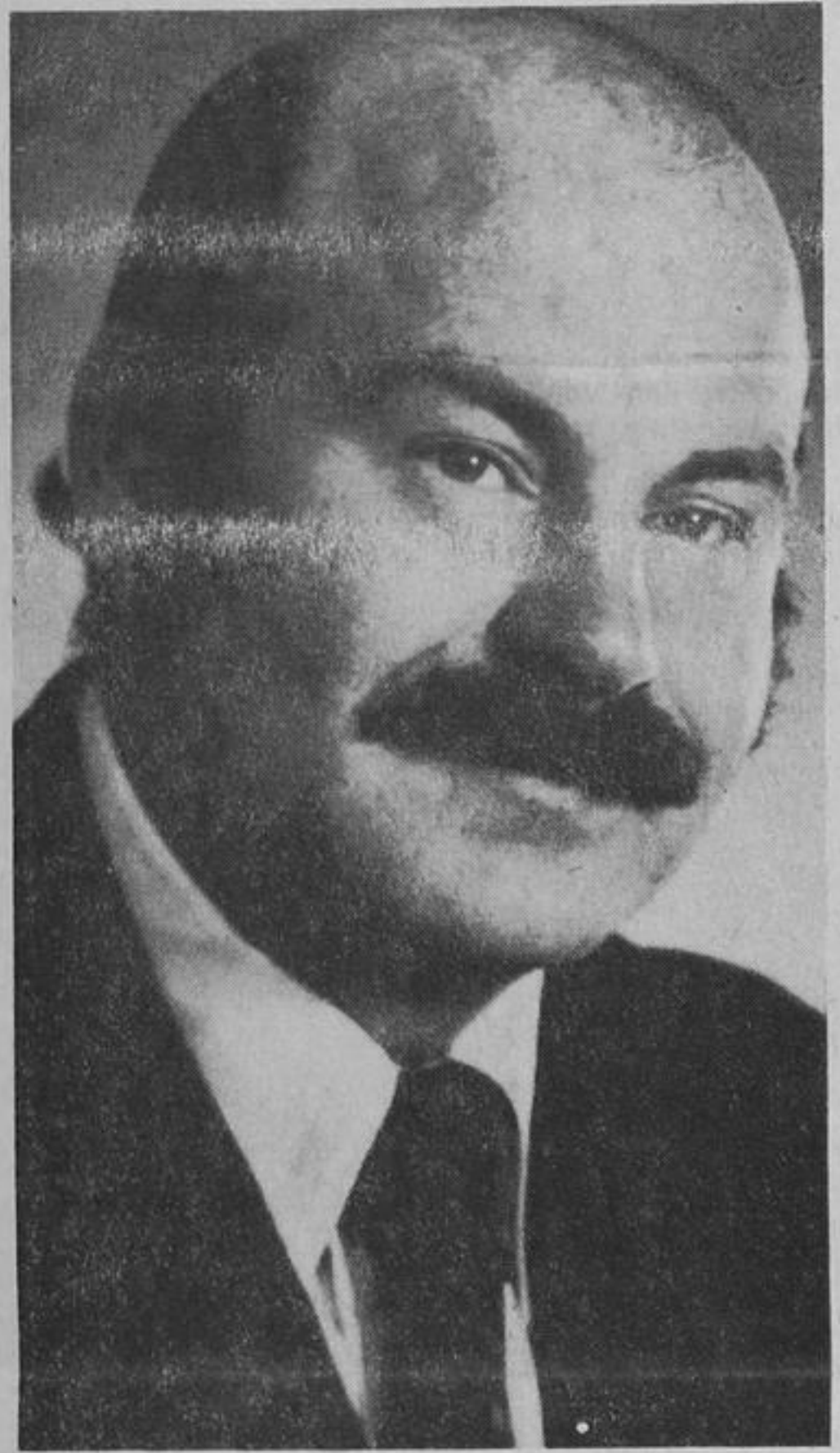
He describes the Boston Marathon as the "most colorful, gaudy spectacle" he had ever seen. It took seven minutes to get into the race because there were more than 12,000 runners. He says that the Boston Marathon is to marathoning what Woodstock was in the United States at the beginning of the hard rock era.

KEEP GOING
Griffith says he will run the marathon again and plans to do some other marathons later in the year.

"Now that I've done it and I understand some of the things I need to do to better prepare myself, I know I can do it."

He adds "the Boston Marathon is a war; it's a private war where you determine you will defeat fatigue and pain and that the spirit will survive, and even though the body is not willing you somehow find the energy and strength to continue."

You defeat the race and the pain and in doing so you have a marvellous sense of accomplishment that for the rest of your life can never be taken from you."



Phew

Richard Griffith of Thornhill started the 26-mile Boston Marathon and finished it just five days after a bout with viral pneumonia.

Big dance

Don't forget the Richmond Hill Minor Soccer Dance this Friday at the Richvale Community Centre. It starts at 8:30 p.m. and continues until 1 a.m.

Tickets are \$12 per couple and may be obtained from Jane Stel at 884-2560, Vera Briggs, 884-6625, Vi Kenny, 883-1253 or Doreen Thomas at 884-4350.



NOTICE OF ROAD CLOSURE

Regional Road No. 53 (Dufferin Street) from Highway No. 7 to Regional Road No. 25 (Major Mackenzie Drive) will be closed to through traffic commencing approximately May 7th, 1979, to permit reconstruction of the road.

The approximate duration of the road closure will be as follows: Highway No. 7 to Langstaff Road from the beginning of May to the end of June.

Langstaff Road to Rutherford Road from the beginning of May to the end of July.

Rutherford Road to Regional Road No. 25 (Major Mackenzie Drive) from the beginning of May to the end of September.

When grading and gravelling in any one section has been completed, that section will be opened to through traffic.

During the construction period traffic will be detoured via Regional Road No. 38 (Bathurst Street), 1/4 miles east of Regional Road No. 53 (Dufferin Street).

The Contractor will be required to keep local residents informed of the changing access routes to their properties and access to all properties will be maintained at all times.

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